

# SAFETY ALERT 13-006

SAFETY



## IRON 6 SENDS



**"NO MORE PREVENTABLE DEATHS"**

## SWIMMING ACCIDENT



ON 25 MAY 2013, A FORT BLISS SOLDIER AND FELLOW SOLDIERS FROM HIS UNIT WERE SWIMMING AT ELEPHANT BUTTE LAKE, NEW MEXICO. AT SOME POINT DURING THEIR VISIT, THE 23 YEAR OLD SPECIALIST DECIDED TO JUMP FROM AN ELEVATED HEIGHT OF ABOUT 15-20 FEET INTO THE WATER. WITNESSES REPORTED SEEING THE SIDE OF THE SOLDIERS HEAD STRIKE THE SURFACE OF THE WATER CAUSING AN INTERNAL INJURY RESULTING IN SWELLING OF THE BRAIN AND LOSS OF CONTROL OF MOTOR FUNCTIONS. AS A RESULT OF THIS INCIDENT, SOLDIER WILL HAVE PERMANENT TOTAL DISABILITY.

### FACTS:

- ✓ IF YOU JUMP FROM 20 FEET (6 METERS) ABOVE THE WATER, YOU'LL HIT THE WATER AT 25 MPH (40 KPH).
- ✓ BRUISES, DISLOCATED JOINTS, BROKEN BONES, COMPRESSED SPINE, INJURED DISCS, PARALYSIS AND DEATH ARE AMONG THE INJURIES THAT CAN RESULT FROM THIS TYPE OF ACTIVITY.

### CONTROL MEASURES

- ✓ DO NOT DRINK ALCOHOL AND SWIM.
- ✓ NEVER SWIM ALONE.
- ✓ JUMP FEET FIRST WITH YOUR ARMS HELD TIGHTLY TO YOUR SIDES AND YOUR FEET PRESSED TOGETHER AND POINTED DOWNWARD.
- ✓ EXPLORE THE WATER BEFORE JUMPING AND SWIM AROUND YOUR LANDING AREA TO CHECK THE DEPTH OF THE WATER AND SEARCH FOR ANY OBSTACLES.
- ✓ SWIM IN APPROVED AREAS, PREFERABLY WITH LIFEGUARDS PRESENT.

**ENSURE WIDEST DISSEMINATION  
BRIEF TO SOLDIERS & POST ON BULLETIN BOARDS!**

SAFETY FIRST

SOLDIERS ALWAYS

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